Influenza & Norovirus

USA HOCKEY'S CHIEF MEDICAL OFFICER RECOMMENDS STEPS TO HELP PREVENT INFLUENZA & NOROVIRUS

With recent cases of influenza and norovirus, including in and around hockey, Dr. Michael Stuart, chief medical officer of USA Hockey, has issued recommendations to help prevent the spread of the virus.

> " *Influenza and norovirus are not specific to hockey and are by no means epidemics. However, we have seen cases in hockey and as a responsible amateur sports organization, it's important we share tips to help prevent the spread of these viruses and also raise awareness in the hockey community,"* said Stuart.

WHAT IS INFLUENZA?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. It can cause fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Some people may have vomiting and diarrhea, though this is more common in children than adults.

WHAT IS NOROVIRUS?

Norovirus is a highly contagious virus spread by the fecal-oral route through contaminated food or water. It can cause fever, vomiting, and diarrhea. There is no vaccine to prevent norovirus infection. Also, there is no drug to treat people who get sick from the virus. People with norovirus illness are contagious from the moment they begin feeling sick until at least three days after they recover. But, some people may be contagious for even longer.

DR. STUART'S TIPS ON HOW TO PREVENT AND STOP THE SPREAD OF INFLUENZA & NOROVIRUS

- Meticulous hand cleansing using soap and water or alcohol-based hand sanitizer
- Players and coaches should receive influenza immunization (flu shot)
- Use individual water bottles
- Quarantine anyone who is sick (players, coaches, parents, roommates)
- Ensure safe food sources
- **Don't try to "play through" this illness**

For more information on influenza and norovirus, visit:
⇨ **http://www.cdc.gov/flu/protect/vaccine/index.html**
⇨ **http://www.cdc.gov/norovirus/preventing-infection.html**